

# Aging Mastery Program®

Join the adventure!



The Benjamin Rose Institute on Aging and the Cleveland Department of Aging will be running the Aging Mastery Program® from the National Council on Aging at:

## **GUNNING PARK ROSE CENTER FOR AGING WELL**

Gunning Park Recreation Center, 16700 Puritas Avenue, Cleveland  
Mondays at 10:00am, beginning April 18, 2016

## **LAKE SHORE ROSE CENTER FOR AGING WELL**

16600 Lake Shore Boulevard, Cleveland  
Wednesdays at 6:30pm, beginning April 20, 2016

## **WOODS ROSE CENTER FOR AGING WELL**

Riverview Towers, 1795 West 25<sup>th</sup> Street, Cleveland  
Thursdays at 10:00am, beginning April 21, 2016

The 10-week Aging Mastery Program® (AMP) encourages *mastery*—developing behaviors to promote improved health and overall well-being.

- Make and maintain small but important changes in your health behaviors, financial well-being, and social engagement.
- Get incentives and rewards for taking small steps that can improve your well-being.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

## **LIMITED SPACE – SIGN UP NOW!**

Program is free, but registration is required by April 8, 2016

More information at: [www.benrose.org/amp](http://www.benrose.org/amp)  
[www.city.cleveland.oh.us/aging](http://www.city.cleveland.oh.us/aging)

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**CITY OF CLEVELAND**  
Mayor Frank G. Jackson



Please RSVP to Ashlee Williman at Benjamin Rose Institute on Aging at (216) 373-1611 or [awilliman@benrose.org](mailto:awilliman@benrose.org) if you are interested.